

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

March 2021

Volume 48 Issue #03

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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Monthly heritage meetings are held the second Wednesday of every month (except July).

7:00 pm

Viking Hall, 1045 Ford Street

Send Articles to :

**Kerry Hefta
khefta@comcast.net**

Deadline for the April issue is March 20th

Attention: March Cancellations and Future Schedules

Most lodge meetings and events for Fjellheim Lodge are cancelled until the end of March 2021. *And, of course, the Fjellheim board will meet March 3rd at 2 pm. All members are welcome to attend. Masks and social distancing are required.*

Note that we have issued a 'Save the Date' for both the April Heritage meeting on April 14th and a slimmed down Frokost tentatively scheduled for April 18th. We will have more details on these events in the April Flammen.

Fjellheim has scheduled our annual picnic for June 20th, 2021 at the Bear Creek Pavilion. This is an outdoor event so it should be a go!

President's Corner

March is here! We are all hanging in there and looking forward to Spring! We are warming up and looking ahead for meeting again. As we watch the El Paso Country level status going to back to yellow or lower we are planning on meeting in person in APRIL! This will give everyone who wishes time to get a vaccine. The board will be meeting and planning great things for this Spring. Please reach out if you have any questions or just want to chat.

Stay Vikings strong!

Becky

Fraternally Becky



Fjellheim Lodge Positions that have been filled for 2021.

Secretary: **Randi Babcock** has volunteered for the position of Secretary and was accepted by the board on February 3rd. The Lodge will vote at the next heritage meeting.

Vice-President: **Kerry Hefta** has stepped up to fill in the VP slot, but, beware – she will not advance to President at the end of her tour of duty! Consequently, if there is anyone who wants to become an officer and serve the Lodge, she will gladly relinquish this position to you.

Foundation: Still vacant and waiting to be filled.



Sunshine Report – March 2021



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during March 2021. Happy St Patrick's Day to all the would-be Irishmen and women!

June Peterson, 87, died Sunday, January 17, 2021. Our sincerest condolences go out to June's family and friends. Cards can be mailed to The Family of June Peterson, 13320 Tahosa Lane, Colorado Springs, CO 80908.

Grace Johnson has moved for the second time. Cleo Allgood talked with her and this is what she found out: Grace was doing good. I called her and she was so happy, and sounded so good, which made me happy. She said she had to leave her other apt. due to the arthritis in her back and hands. Says she only has use of her 2 thumbs and index fingers. I guess she was in a place in between, as she says she was in another apt apartment for a month and "it wasn't good at all". She really liked the place she lived in for years, but she sounds good with this place too. She had some family members die this past year, and of course, no visitors at this time. They are able to eat together in the dining room so that is good. Her new place is one room with a bath (sounds like what Rosa had) but she said 'everything fits so well'. She really sounded good and we had a fun visit. Her new address is: Grace Johnson, Suite Living, 2740 Rice Street, Little Canada, MN 55113

Quote for the month: "March is a month of considerable frustration - it is so near spring and yet across a great deal of the country the weather is still so violent and changeable that outdoor activity in our yards seems light years away." - Thailassa Crusoe

Fraternally, Karen Ravnaas, Sunshine Director 719-390-0621

++ Support This Youth Project ++ Camp Norge Playground Restoration Project

My name is Baylee McKenney, I'm a senior at Middletown High School and a member of Vikings of Lake Lodge #6-166. I would like to replace the play set at my childhood summer camp. I have been going there since I was 8, and I want to do something nice for the camp. The play set that is currently there is the first play set that was ever put in, it is very old, falling apart, and unstable. I would appreciate any help that I can get to replace the play set.

Baylee is attempting to raise \$6,000 to put in all new equipment for our kids who come up to Camps Trollfjell and/or also visit with their families for camping experiences and to attend yearly Kretsstevner at Camp Norge.

To donate to the playset fund, please make the check out to **Camp Norge** and send it to:

Camp Norge
c/o Susan Uinge include on check a memo for play structure
PO Box 622
Alta, CA 95701



Thank you for supporting our youth. .. From District 6

WHAT'S SCHOOL LIKE IN NORWAY?

Have you ever wondered what it's like to go to school in Norway? In some ways it's a lot like going to school in the United States, but there are some differences that might surprise you!



<p>CLASSES</p> <p>In American schools, kids often have the same schedule every day and move from room to room. In Norway, each day of the week has different classes, and students usually stay in one place while their teachers come and go.</p>	<p>SPORTS</p> <p>Sports are very popular in Norway, but teams are usually separate from school and it is all about meeting people, learning new skills and having fun. In fact, Norwegian sports leagues don't even keep score until age 13!</p>
<p>LUNCH</p> <p>Most kids in Norway bring their own lunch to school, usually with bread and toppings for an open-faced sandwich, as well as sides or snack items like fruit and yogurt. It is common for students to eat lunch together in the classroom, rather than in a cafeteria like most American schools have.</p>	<p>RECESS</p> <p>If recess is your favorite part of the school day, you might love going to school in Norway! Norwegian students take short breaks throughout the day to play, relax and talk with their friends. After enjoying some exercise and fresh air, they come back refreshed and ready for more learning.</p>
<p>HOURS</p> <p>The school day in Norway is shorter than in the United States, with classes starting around 8 a.m. and ending around 1 or 2 p.m.</p>	<p>GRADES</p> <p>Norwegian schools usually don't give formal grades until lower secondary school, which starts with eighth grade when students are about 13 or 14 years old.</p>

It's Here! Download *Viking for Kids* Now!

As part of our 125th anniversary celebrations, we are thrilled to announce the launch of *Viking for Kids*. Now available for download, *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use.

Download your copy now

February 2021

- [Digital Download](#)
- [Print-ready PDF](#)



About Camp Norge... Our District Six Recreation Area

Fjellheim Lodge is part of large community of other lodges within the Sons of Norway. The Sons of Norway organization is divided into eight districts and then subdivided into zones. Our lodge, Fjellheim, is part of District 6 which contains all lodges within Colorado, California, Arizona, Nevada and Utah.

Here is the breakdown of zones within District 6 (and as you can see most of them are in California)

[Zone 1](#): Northern California, Northern Nevada

[Zone 2](#): North Bay; California

[Zone 3](#): South Bay, Central Valley; California

[Zone 5](#): Central Cost, LA; California

[Zone 6](#): Orange County, San Diego; California, Southern Nevada

[Zone 7](#): Arizona, Utah

[Zone 8](#): Colorado



The District Six recreation area, Camp Norge, hosts youth camps, language camps, skills camps (i.e. rosemaling), and culture camps and is located in Alta, California. Because Fjellheim is a part of district six we support their efforts and annually send donations to help with costs..

Camp Norge is located in the California Sierras just off I-80 at [250 Canyon Mine Rd, Alta, CA 95701](#). More information about Camp Norge can be found [Recreation Center | District Six – Sons of Norway \(campnorge.org\)](#) and on facebook. [Camp Norge | Facebook](#)

The following paragraphs describe the upcoming youth camps planned for summer 2021:

Camp Trollfjell is the District Six Language and Heritage Camp for youth ages 8-13 years old who want to learn about their Norwegian Heritage, the language, culture, and daily living. The camp focuses on providing campers with a rich social experience that includes camping, hiking, swimming, Norwegian language skills in a safe, respectful environment.

[Camp Trollfjell | Norske Arv Programmer \(sofn6.org\)](#)

The Folkehøgskule will be limited to 18 students from the ages of 14 to 17 years old..There will be multiple areas of instruction such as carpentry, handverk, culinary arts and Norwegian language and cultural instructions as well as sports activities:.

[Folkehøgskule | Norske Arv Programmer \(sofn6.org\)](#)

Summer 2021 Language and Heritage Camps Registration Now Open at Camp Norge



NORSKE ARV PROGRAMMERPrograms

Summer 2021 Program Dates:

Trollfjell Folkehøgskule will be June 27 through July 10, 2021 for students 14 to 17 years old.

Camp Trollfjell will be July 11 through July 24, 2020 for campers 8 to 13 years old.

Registration is now open. Staff and CIT applications are now being accepted.
As usual this year, the event is subject to state and local COVID-19 restrictions.

Go to this url for more information and registration: <https://arv.sofn6.org/>

FROKOST - AN AUTHENTIC NORWEGIAN BREAKFAST:

As we go into 2021, we are planning to return to much of what we missed in the past year. With luck, we are hoping to start by having a downsized Frokost on **April 18, 2021 between 11 am – 1:30 pm**. The menu could be somewhat smaller but will still be lovingly prepared by your fellow lodge members. Logistics still need to be worked out.

At this time, reservations will be limited to 50 members and guests. If more than 50 are interested, we have discussed a second serving. If you want to attend, please send the below form for the dinner with your check made out to: Sons of Norway, 1045 Ford Street, Colorado Springs, CO 80915.

If you have questions, please contact Karen @ 719-390-0621.

Name: _____ Phone # _____

Address: _____

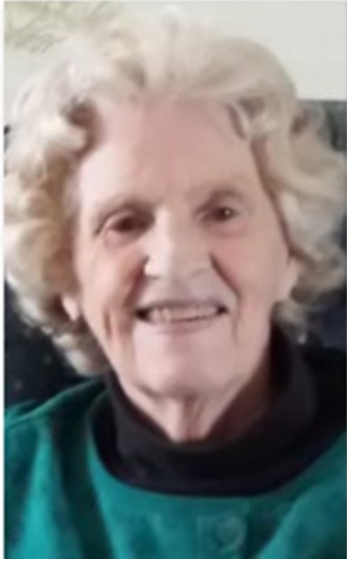
	Number	Cost	Total
Members		\$20.00	
Non-Members		\$25.00	
Children 12 and under		\$10.00	
Children – no seat req		\$ 0.00	

Grand Total _____

RSVP by April 2, 2021. This will help us determine where we stand with regard to the State's rules.

Note: Checks will be held until the event in the case we need to return them.





In Loving Memory

June E. Peterson

June 16, 1933 - January 17, 2021

June E. Peterson, 87, of Colorado Springs, CO, passed away January 17, 2021 at the age of 87.

June was born June 16, 1933 in Dewey Township, ND, the daughter of Oscar and Mabel Lee.

She grew up in North Dakota and after graduating high school attended business college. June married Arvil Peterson on April 15, 1954 and moved to Colorado Springs in March 1958.

June enjoyed, and was a very active member, of Sons of Norway Fjellheim Lodge. She and her husband joined Fjellheim Lodge 6-107 on May 8th, 1985. In 2020, June became a Golden Member with 35 years of service. June was a long-time volunteer and held many positions, most recently as keeper of the Memorial Board. She loved potlucks, playing cards, socializing with her good friends of the Lodge, and telling a good story of her upbringing in North Dakota. June also loved a good joke and hardy laugh. RIP June, we will miss you so very much.

June owned and managed several rentals during the 1960's, worked for a tax company doing taxes for customers at their homes, and gave out pizza samples in area grocery stores where her 2 grandsons were her favorite customers. She also loved to travel, experiencing many areas of the world.

June is survived by her daughter, Laurie (Chuck) Leggett; grandson, Cal (Julia) Leggett; great grandchildren: Todd Jr, Alex. and Isabella; sister Elaine Finger and brother Lester Lee.

She was preceded in passing by her parents, husband Arvil, grandson Todd, and siblings: Harold Lee, Esther Brown, Emma Fosdick. and Ellen Severson.

March Birthdays

Eileen P Larson	2
Rory L Foresman	3
Mary Lou Bailey	6
Arne Mark Severson	7
David Smith	16
Kristi J Erdal	17
Kari Malene Beck	18
Elizabeth Schneider	19
Dorene Calvin	20
Grete Larsen Hovius	21
Debbie J Mach	21
Owen E Bergland	23
Gunvald J Kjolstad	24
Kristen E Meier	24
Karen K Ravnaas	24
Leonard Beasley	27
Richard Harold Johnston	28



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Colorful Norwegian Phrases

Vivid idioms make language learning fun and memorable. Try working these into everyday conversation.

Å være født bak en brunost

Born behind a brown cheese

Meaning:

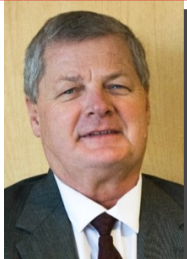
To be a fool

Å være på bærtur

Be out picking berries

Meaning:

To have no clue about something / To be way off base



Kendall Kjerstad

*Financial
Benefits
Counselor*



FJELLHEIM - 2021 OFFICERS

Board of Directors

President	Becky Tamblyn	271-3631
Vice-President	Kerry Hefta	
Counselor	Kerry Hefta	266-9429
Secretary	Randi Babcock	377-0336
Treasurer/Finance	Terry Mapstone	351-5644
Membership	Kathie Godsil	266-9592

Program Directors

Sunshine	Karen Ravnaas	390-0621
Cultural Coordinator	Jean Luce-Hagen	661-7667
Social Coordinator	Kathie Godsill	266-9592

Support Officers

Greeters	Lois Halvorson	632-6003
	Cleo Allgood	598-1982
Marshall	Leonard Beasley	471-1801
	David Haugen	599-0810
Editor	Kerry Hefta	266-9429
Web Page & Facebook	Randy Johnson	260-7028
Musician	Sonja Gund	473-9588
Publicity	Eunice Bluhm	351-3554
	Randy Johnson	260-7028
Librarian	Sonja Gund	473-9588
Viking Sisters	TBD	

Committees/Special Activities

Auditors	Dean Tollefson	473-1110
	Ole Bakken	632-3892
	Sara Berge	495-2134
Financial Benefits	Kendall Kjerstad	605 939-1714 or 970-697-1114

Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas	390-0621
	Jeff Calvin	331-8575
	Paul Wiig	596-6159
	Jerry Maines	282-0253
	John Larson	570-0043
Trustees	Terry Mapstone	351-5644
	Jerry Johnson	495-0253

Colorado Zone 8 Director Beverly Moe 720-746-9755
bevm259@comcast.net

District 6 President Luella Grangaard 760-363-7704
morongo2@verizon.net

Sons of Norway Board Mary Beth Ingvaldstad 707-987-2404
mbingvoldst@aol.com

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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